

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga			6:00 Warm Vinyasa Jason				
	8:15 Hot Vinyasa Peggy		8:15 Hot Vinyasa Peggy		8:15 Hot Vinyasa Peggy	8:15 Hot Vinyasa Peggy	9:00 Yin Yang Lindsay
	9:45 Vinyasa Gisele	9:45 Vinyasa Katherina	10:00 Gentle Flow Martha	9:45 Vinyasa Lindsay			10:15 Warm Vinyasa Lindsay
	12:00 Yin Stretch Lindsay	12:00 Slow Flow Gisele			12:00 Yin Stretch Megan		4:00 Hot Core Yoga* Peggy
		6:15 Flow & Stretch Laurie					

### Class Descriptions

**Vinyasa:** This class is for yoga practitioners who have some experience with yoga flow. You will link breathe and movement in this traditional yoga class built on the idea of a moving meditation. The focus is moving from one asana (pose) to the next in a fluid movement incorporating pranayama (breathe) and yoga philosophy. The flow of this vinyasa class can be challenging for those new to yoga, and therefore not recommended for beginners. Hot: over 85° / Warm: under 85°

**Smart Yoga®:** Using precise alignment techniques, you will go deeply into postures in a safe way that leaves you feeling energized and empowered. Class focuses on strengthening the body, moving through poses with a perfect blend of holding and flowing, leading you on an exciting adventure through the body, and mind. It creates space in the body, opening up joints, and helps heal injuries. Perfect for students that are looking for understanding of their body and how to go deeper into their practice on all levels.

**Yin Stretch & Flexibility Yoga:** Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular exercise of cycling, running, weight lifting, and other sports in general. The focus is on the lengthening the major muscles and generally targets the connective tissues of the hips, pelvis, spine, and shoulders. A healing and rejuvenating practice, the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice like Vinyasa, are stretched and lengthened. It creates flexibility and range of motion in the body and joints, and is a moving meditation to calm the mind.

**Yoga Fundamentals:** This class is perfect for the beginner or someone who wants to learn more about the alignment of the yoga asanas (poses). It focuses on teaching the poses in a way that is easy to learn and practice. Learn important alignment principles of the poses, breathe (pranayama) and meditation. It prepares students to enter an open level yoga class.

**Core Yoga:** Core yoga is focused on strengthen your core and using it throughout class. As in all the disciplines, the core plays the main role in holding the asanas or poses and helps us to with posture and supporting our lower back. This class is an active class and fast paced. Not recommended for beginners!

**Slow Flow:** Move through yoga poses at a slow pace with longer holds to build strength.

**Warm Yogalates:** Part Pilates, part Yoga, enjoy a vigorous flow in a warm room for 45 minutes.

Classes are one hour except: \*classes are 75 minutes, \*\*classes are 45 minutes, \*\*\*class is 30 minutes. 203-661-4033.

Reservations for all classes are required in advance. Yoga classes held in the main building, except for 6am classes.

CS: Cycle Studio

FF: Fitness Floor

MR: Mianus Room

RS: Riverside

RP: Recreational Pool